

## CLAIMS

I claim:

1. An abdominal exercise device for positioning at the juncture of a torso and legs of a seated person and resisting movement of the torso toward the legs, said device comprising:

- a first frame portion for abutting against an upper surface of the legs, said first frame portion including an elongated rear member, an elongated front member and a pair of elongated side members attached together;
- a second frame portion for abutting against the torso includes a pair of legs and an elongated central member attached together such that said second frame portion generally has a U-shape;
- each of a pair of coupling members pivotally coupling free ends of said pair of legs to said first frame portion at junctures of said rear member and said pair of side members;
- a pair of biasing members for biasing said central portion away from said front member such that said first frame portion lies in a plane orientated perpendicular to a plane of said second frame portion.

2. The abdominal exercise device of claim 1, wherein each of said coupling members includes a first bracket attached to an upper surface of one of said side members and a second bracket attached to a front surface of one of said legs, a pin extending through said aligned ones of said first and second brackets such that said first and second brackets are pivotally coupled together.

3. The abdominal exercise device of claim 2, wherein said first brackets each include a pair of parallel orientated and spaced walls, each

of said walls lying in a plane orientated substantially parallel to a longitudinal axis of a respective one of said side members, said second brackets each including a plate lying in a plane orientated parallel to a longitudinal axis of a respective one of said legs, each of said plates being positionable between one of said pair of walls, each of said pins being extended through said walls and an associated one of said plates such that said pins are orientated generally perpendicular to said longitudinal axis of said side members.

4. The abdominal exercise device of claim 1, wherein each of said biasing members has a first end removably and pivotally coupled to one of said legs and a second end removably and pivotally coupled to one of said side members such that each of said biasing members is orientated substantially parallel to each other.

5. The abdominal exercise device of claim 4, wherein each of said biasing members includes:

- a cylinder having first wall, a second wall and a peripheral wall extending between said first and second walls, said peripheral wall having a break therein such that said cylinder including a pair of sections selectively coupled together;
- a first rod being attached to said first wall and extending away therefrom, said first rod having a free end defining said first end;
- a second rod extending through said second wall, said second rod having an inner end defining a piston and a free defining said second end, said piston being positionable in said cylinder;
- and

a spring being positioned in said cylinder and being located between said piston and said first wall when said pair of sections are coupled together.

6. The abdominal exercise device of claim 1, further including a cushioning material being wrapped around and substantially covering said front member and said central member.

7. The abdominal exercise device of claim 1, further including a securing member selectively secures said first frame portion to a waist of the person such that said rear portion abuts the juncture of the torso and the legs.

8. An abdominal exercise device for positioning at the juncture of a torso and legs of a seated person and resisting movement of the torso toward the legs, said device comprising:

- a first frame portion for abutting against an upper surface of the legs, said first frame portion including an elongated rear member, an elongated front member and a pair of elongated side members attached together such that said first frame portion has a substantially rectangular shape;
- a second frame portion for abutting against the torso includes a pair of legs and an elongated central member attached together such that said second frame portion generally has a U-shape;
- each of a pair of coupling members pivotally coupling free ends of said pair of legs to said first frame portion at junctures of said rear member and said pair of side members, each of said coupling members including a first bracket attached to an upper surface of one of said side members and a second

bracket attached to a front surface of one of said legs, each one of a pair of pins extending through an aligned one of said first and second brackets such that said first and second brackets are pivotally coupled together, said first brackets each including a pair of parallel orientated and spaced walls, each of said walls lying in a plane orientated substantially parallel to a longitudinal axis of a respective one of said side members, said second brackets each including a plate lying in a plane orientated parallel to a longitudinal axis of a respective one of said legs, each of said plates being positionable between one of said pair of walls, each of said pins being selectively extended through said walls and an associated one of said plates such that said pins are orientated generally perpendicular to said longitudinal axis of said side members;

a pair of biasing members for biasing said central portion away from said front member such that said first frame portion lies in a plane orientated perpendicular to a plane of said second frame portion, each of said biasing members having a first end removably and pivotally coupled to one of said legs and a second end removably and pivotally coupled to one of said side members such that each of said biasing members is orientated substantially parallel to each other, each of said biasing members including;

a cylinder having first wall, a second wall and a peripheral wall extending between said first and second walls, said peripheral wall having a break therein such that said cylinder including a pair of sections selectively coupled together;

a first rod being attached to said first wall and extending away therefrom, said first rod having a free end defining said first end;

a second rod extending through said second wall, said second rod having an inner end defining a piston and a free end defining said second end, said piston being positionable in said cylinder;

a spring being positioned in said cylinder and being located between said piston and said first wall when said pair of sections are coupled together;

a cushioning material being wrapped around and substantially covering said front member and said central member; and

a securing member selectively secures said first frame portion to a waist of the person such that said rear portion abuts the juncture of the torso and the legs.